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Considerations Regarding...

THE FAMILY FOOD SUPPLY



Based on a Well-Balanced Diet

What to Buy - What to Produce

Better Use of Your Food Dollar

FOREWORD

To Extension Workers:

This circular is the outgrowth of group themes in Farm and Home Development. It pools the specialists in animal husbandry, dairying, farm management, marketing, nutrition and poultry.

It is prepared as an aid for extension work to provide a well-balanced food supply. It gives help to the family reach a decision as to how much to produce and how much to buy.

The main purpose of a bulletin such as this is to help make intelligent decisions; not to tell them what they should do. Factors that need to be considered in reaching decisions on detailed subject matter will need to be channeled through such as bulletins, demonstrations, radio, and television.

When a family is deciding whether they wish to get the most value for their food dollar, or to produce part of their food supply, ideas from the following pages will help them. Most families will need more detailed information to carry out their food plan. References given at the end will help supply many of the answers. Your State bulletins will give families local information. So will your own teaching efforts. You will want to adapt this circular to your own situation. You may want to include State figures as well as the national, or you may want to use figures for low-cost rather than moderate-cost diets.

The information in this circular is in three parts: the family food supply based on a well-balanced diet, what to buy - what to produce, and better use of your food dollar.

You can use the parts separately. Select the sections that apply to the family with whom you are working. Families not interested in producing food may want only the section on buying food. If they have no desire to keep a dairy cow, skip the section on dairying. Feel free to reproduce or revise this information in any way that best suits your purpose.

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Considerations Regarding - THE FAMILY FOOD SUPPLY

BASED ON A WELL BALANCED DIET

An adequate diet is more important to your family than money. The health and happiness of your family may depend on it. It pays carefully to think through your family food plan if you want your family to be well fed and at the same time to get your dollar's worth of value in food.

The food you need to buy and how much you need to spend depends on your income, the number of people in your family, their ages, the physical work they do, how much food you produce, and how much time you are willing to spend.

Is Your Family Getting the Kind and Amount of Food it Needs?

That's one of the first questions you'll want to try to answer. Here's one way to find an answer.

Suppose you check the food you and your family ate yesterday against the Daily Food Plan worked out by the USDA. Each member of your family needs these essential foods each day.

Daily Food Plan

- 2 cups milk or equivalent. Children need 3 to 4 cups
- 2 servings meat, eggs, fish, or poultry
- 4 servings of fruits and vegetables (1 high in vitamin C, 1 high in vitamin A, 2 others)
- 4 servings whole grain or enriched breads or cereals

If each member of your family eats these foods every day, then they are most likely getting an adequate diet. If they aren't eating these essential foods, then you need to take a look at the food you are providing and include more of these essentials in your meals. More information can be obtained on the needs of your family from USDA Leaflet 424.

What Determines Your Family's Food Needs?

1. The number of persons.
2. The age of the family members.
3. The amount of physical activity of the members.
4. The family's likes and dislikes.
5. Any special diet problems.

How Much Food is Recommended for Your Family Each Week?

To find the exact amount of food needed by your family, add the amount required by each member in Table I, page 17, and you will get the total food needed for a week.

What is the Average Cost of an Adequate Diet?

Looking up average cost of food, as given in Table 2, page 18, it will cost \$30 to feed a family of four adequately on a moderate-cost diet for one week. The low-cost plan would be about \$22 and the liberal plan \$34 per week. (June 1957)

You may not be spending enough money for food to obtain the type of food your family needs. A survey made by the U. S. Department of Agriculture in 1955 indicated many families were not spending enough money for food to provide the necessary nutrients. Can you shop better - should you consider producing part of what you need?

WHAT TO BUY - WHAT TO PRODUCE

Can Home Production Reduce Cash Spent for Food?

Let us weigh some of the advantages and disadvantages of buying versus producing the home food supply. In some instances it will be to your advantage to buy food; in other cases you will want to produce part of your home food supply. In any case you will want to think through both sides before you make your decision.

You can reduce the actual cash spent for food by producing some of it yourself. Studies show your family will probably be better fed if you produce part of your food supply. Milk, meat, and eggs account for 51 percent of the average food expenditure. The more of these you produce the more your actual cash expenditures for food may be cut but it costs something to produce goods (even though it often doesn't cost as much as to buy them). In one USDA study of farm families in 1952, it was found that those which produced no milk, meat, and eggs spent \$6 per person per week for food while those who produced all three of the items spent \$3 per person per week or half as much cash. This was not all a savings because it costs the farm family to produce these items.

The Cost of Producing the Home Food Supply May Vary Greatly

The land, labor, feed, etc., that are used to produce beef for home use, for example, could often be used instead for commercial production. Your own or your family's labor has value to you. Then there are some direct cash costs of producing the home food supply such as seeds, fertilizer, pesticides, etc.

Producing \$100 worth of food will not reduce the amount spent at the market by that amount because:

1. Families that produce food eat better.
2. Families use greater variety than they produce.
3. Families need a year-round supply of a food.

In Which Case will Your Family be Better Fed?

1. Would the family eat better if it produced some of the food it eats? Studies show that families that home produced food usually had more of it than the family that had to buy it.
2. Would they eat more of the protective foods--milk, eggs, vegetables, fruits, and meats--if they produced them at home?
3. Would you get more variety in your meals by producing some food?

How Would Production Fit into Your Family's Plans?

1. What foods do you now produce and what foods could you produce?
2. Who in the family would produce this food?
3. Do you have the land, housing, and equipment necessary or would you need to buy or rent it?
4. Do you have the skill or knowledge for this production or are you willing to learn?
5. Do you have a sufficient water supply for production?
6. Are you willing to be tied down by the routine work of keeping a cow or chickens or garden?
7. Is there a possibility of a 4-H project to be related to this food?
8. Do local health or zoning regulations permit you to raise the food? Even in rural-non-farm areas, you may find regulations against chickens or pigs.
9. How can you dispose of any surplus?
In most instances if you produce food for home use you will need to consider disposing of any surplus.
 - a. Do you plan to freeze or can it?
 - b. Do you have a market for selling it?
 - c. Are you going to have a year-round supply?
 - d. Have you the proper storage?

What Kind and Amount of Food Will You Produce?

How much and what kind of food you produce will depend on your situation. In deciding whether you will produce or buy a given item of food (such as beef, for example) you may want to estimate the cost of producing it, and compare with the cost of buying it. The influence on adequacy of diet, variety, and year-round supply as well as the comparative cost are important factors in deciding whether to produce or buy a given food. These are all different for each family. Your best guides are your own careful judgments based on the best available information about dietary needs, costs, etc., and your family's tastes and needs for things other than food.

If you decide to produce part of your food, what will be the best for your situation--vegetables, fruits, dairy cows, chickens, pork, or beef supply. You will need to consider several of these before you find those which will offer your family the most advantages. See pages 4 to 13.

1. Family home fruit and vegetable supply

Basic Considerations

Yes and No checks need not necessarily determine the final decision relative to home gardening. They should serve, however, as a sound basis to determine the extent of the gardening activities in relation to the total family food supply.

	<u>Yes</u>	<u>No</u>
1. Do you have a convenient, suitable site, soil and climate for producing fruits and vegetables?	:	:
2. Do you have an adequate, dependable water supply?	:	:
3. Do you have or are you willing to buy the necessary garden tools? A good sprayer or duster is essential for use in insect and disease control.	:	:
4. Is there a possibility in the family for a 4-H fruit or vegetable garden project?	:	:
5. Do you have a freezer, access to a cold storage locker, or other suitable storage space to take care of surplus?	:	:
6. Do you have a desire to grow a fruit or vegetable garden even though it may cost more for what you produce than it can be purchased for in the open market?	:	:

Other Considerations

<u>To Produce</u>		<u>To Purchase</u>
1. Families usually eat more vegetables when they grow their own.	:	1. Cost of purchasing family supply of fruits and vegetables may be less than cost of producing same, especially when advantage is taken of "specials."
2. Quality of home grown produce may excel that which you purchase.	:	2. It is possible to obtain greater variety and quality through purchases.
3. Inaccessibility to a good supermarket.	:	3. Accessibility to supermarket.
4. Recreational value realized from gardening.	:	4. Lack of interest in gardening by the family as a whole.
5. Already have adequate freezer or other suitable storage space.	:	5. No suitable storage.

2. Family milk supply guide

Many nondairy families will need to decide whether to produce their milk supply or to buy it. The considerations below should help each family to reach this decision.

Basic Considerations	(Check each one) :	Yes	:	No
1. Will local health regulations permit owning a cow?	:		:	
2. Is the family willing to be tied down with the routine work of keeping a cow?	:		:	
3. Is there a possibility in the family for a 4-H dairy demonstration?	:		:	
4. Are other activities or alternatives requiring family labor more important?	:		:	
5. Is there a possibility of selling seasonal milk surpluses?	:		:	
6. Could one or both cows be bred to a beef bull to produce part of the meat supply?	:		:	
7. Will milk be pasteurized?	:		:	

Other Considerations	
To Purchase Milk	To Produce Milk
1. Limited budget may be stretched by including powdered or evaporated milk.	1. Home milk production usually assures an adequate supply.
2. There is a tendency to eat less dairy products when they are purchased.	2. Milk is usually available for making butter, cheese, ice cream and other dairy products.
3. Fly control and muddy lots may be less of a problem.	3. Keeping a cow may create a fly problem.
4. A supply of milk is generally available with little effort when purchased with other food items.	4. Routine jobs of taking care of a cow will demand time and planning regardless of other activities the family may desire.
5. No investment is required.	5. Investment in cow, equipment and supplies necessary.
6. Quality of milk and dairy products may be higher.	6. Quality will depend upon such factors as off flavors, health of cow, adequate refrigeration and cleanliness of utensils.

3. Family poultry meat supply

Basic Considerations	(Check each one)	Yes	No
1. Is there a dependable, convenient source of poultry meat available?	:	:	:
2. Is there freezer locker service or home deep freeze available?	:	:	:
3. Can family finance volume purchases at special sales of poultry meat?	:	:	:
4. Is there possibility of a 4-H Poultry Club project which will specialize on poultry meat production?	:	:	:
5. Are buildings and equipment and special broiler growing feed available?	:	:	:
6. Is there available family labor for daily chores and dressing chickens?	:	:	:
7. Will local health regulations permit keeping chickens?	:	:	:

Other Considerations

To Purchase Poultry Meat	To Produce Poultry Meat
1. Supermarkets have special loss leader low priced sales. A supply can then be purchased and stored for consumption later.	1. Have fresh killed poultry available over a 10-week period. Also dressed and frozen for later use.
2. Barbecued chickens already cooked can be purchased in many stores.	2. Family and neighborhood parties are enjoying "cook-outs" with barbecued and broiled chicken.
3. Roasting chickens and capons are not readily available in many markets. The price is higher than for broilers and fryers and many shoppers pass up this class because of cost.	3. Late roasters and capons can be grown out with small additional cost. They furnish a big volume of meat about 15 weeks after hatching.
4. One pound "Cornish-Game Hens" relatively expensive where available but when roasted have a delicious flavor and are used for special and festive occasions.	4. Five week old pullets are relatively inexpensive to raise and a very fancy food for special company.

4. Family egg supply guide

Basic Considerations		(Check each one)	: Yes	: No	:
1.	Is there a dependable supply of fresh eggs available nearby?	:	:	:	:
2.	Is the family in a position to make regular purchases? (This involves shopping time or delivery, finances, transportation, etc.)	:	:	:	:
3.	Does the family have a suitable building for housing family laying flock?	:	:	:	:
4.	Is time available for daily chores such as feeding, watering and gathering eggs?	:	:	:	:
5.	Is there a possibility in the family for a 4-H laying flock project?	:	:	:	:
6.	Will the family feed a balanced ration to the birds at all times?	:	:	:	:
7.	Will local health and sanitation regulations permit poultry in the home area?	:	:	:	:

Other Considerations					
To Purchase			To Produce		
3 dozen eggs each week			3 dozen eggs each week		
1.	Family budget may limit purchases and shopper be tempted to skimp on supply when prices are high.	:	1.	The family is more likely to eat a generous supply when a fresh home grown product is available.	:
2.	Families who have access to markets selling graded eggs can depend on uniformity of quality while in other areas, the quality of eggs sold may vary.	:	2.	The highest quality of home-grown eggs can be maintained with careful management.	:
3.	Modern food stores insure constant availability of eggs.	:	3.	Egg production in family flocks will fluctuate and at times may fall below the needs of the family. Pullets must be replaced periodically.	:
4.	Retail prices run from 10 cents to 20 cents per dozen higher than farm prices.	:	4.	Cash cost of eggs may be reduced by home production. During periods when supplies are plentiful there may be only slight advantage cost-wise in home-produced eggs.	:

- | | |
|----|---|
| 5. | Shopping savings can be made by using Grade B eggs for baking and Grade A for table usage. Cracked eggs are sometimes available. |
| 6. | Purchasing eggs usually involves little extra time and labor when shopping for other food items in the modern super-markets. |
| 7. | Purchasing of eggs relieves the family of the problems which may arise from time to time with their neighbors who may consider chickens a nuisance. |
- | | |
|----|--|
| 5. | During flush production seasons surplus eggs may be sold or broken out and frozen for later consumption. |
| 6. | Care of laying flock requires attention but modern equipment such as self feeding hoppers, roll-away nests and automatic waterers has cut down the time and regularity formerly required. |
| 7. | With modern rations confinement of birds in houses or cages is an accepted practice. The family flock need not be allowed to run loose and quarters can be kept in clean sanitary condition. |

5. Family pork supply guide

Basic Considerations		(Check each one)	: Yes	: No	:
1.	Is there a modern meat market conveniently located to the family?		:	:	:
			:	:	:
			:	:	:
2.	Is the family able to take advantage of special sales of pork at reduced prices?		:	:	:
			:	:	:
			:	:	:
3.	Are sources of healthy feeder pigs available to the family either from brood sows on the farm or for purchase locally?		:	:	:
			:	:	:
			:	:	:
4.	Will local health regulations permit raising hogs?		:	:	:
			:	:	:
5.	Is there an ample supply of home-grown grain and/or kitchen waste?		:	:	:
			:	:	:
			:	:	:
6.	Is there a possibility in the family for a 4-H pig project?		:	:	:
			:	:	:
7.	Are other activities requiring family labor more important?		:	:	:
			:	:	:
8.	Are penning, feeding, and watering facilities adequate?		:	:	:
			:	:	:
9.	Will local weather conditions permit curing of pork without artificial refrigeration?		:	:	:
			:	:	:
			:	:	:
10.	Are custom slaughtering and curing facilities available locally?		:	:	:
			:	:	:
			:	:	:
11.	Does the family have adequate facilities available for storing frozen and cured pork?		:	:	:
			:	:	:
			:	:	:

Other Considerations					
To Purchase Pork			To Produce Pork		
1.	Accessibility to markets offers opportunity to reduce cost by purchasing fresh pork cuts in quantity for freezing. There is less opportunity to do this with cured pork cuts.	:	1.	During periods when hogs are in plentiful supply and the price cycle is down, there is little advantage cost-wise in producing own pork.	:
		:			:
		:			:
2.	Family can select cuts which they desire for economy and taste, and vary the meat diet.	:	2.	Curing, smoking, and disposal of excess lard often presents a problem for the family.	:
		:			:
		:			:
3.	There is a tendency to eat less meat when it is purchased retail.	:	3.	Families eat more meat when the smoke house and freezer are filled.	:
		:			:

To Purchase Pork	To Produce Pork
4. Families often encounter difficulty in securing meaty pork cuts with a minimum of fat.	4. Families with the skill and experience can provide for themselves with a constant supply of meaty pork by selecting meat-type pigs, feeding properly and slaughtering at 200-220 lbs. live weight.
5. Slaughtering, trimming and loss from spoilage no problem here.	5. Dependence on weather conditions for curing pork can result in spoilage of meat. Losses may be minimized by using custom slaughtering and curing facilities, freezing fresh cuts and providing adequate protection against insect damage in storage of cured pork.
6. Sausage and other pork by-products that are seasoned to individual taste are sometimes difficult to find in the markets. This is also true in the case of country style cured hams.	6. Family can cure, smoke and season hams, bacon, sausage and byproducts to suit individual taste.

6. Family beef supply guide

Basic Considerations		(Check each one)	Yes	No
1.	Is there a modern meat market conveniently located to the family?	:	:	:
2.	Is the family able to take advantage of special sales of beef and veal at reduced prices?	:	:	:
3.	Does the family prefer to eat-- (a) Baby beef?	:	:	:
	(b) Mature beef?	:	:	:
	(c) Veal?	:	:	:
4.	Is there a source of calves available on the farm? (From beef cows or milk cows which could be bred to beef bull)	:	:	:
5.	Is there a possibility in the family for a 4-H beef calf project?	:	:	:
6.	Are other activities requiring family labor more important?	:	:	:
7.	Is there an ample supply of home-grown grain, roughage and pasture?	:	:	:
8.	Is shelter, fencing and water supply adequate?	:	:	:
9.	Are custom slaughtering and community food locker facilities available?	:	:	:
10.	Does the family have access to sufficient freezer space to store packaged beef from a whole carcass?	:	:	:

Other Considerations			
To Purchase Beef		To Produce Beef	
1.	Retail purchases often cost more than beef produced on home grown feeds. Accessibility to markets offers opportunity to reduce cost by purchasing in quantity during special sales for storage in freezers. Whole-sale purchase of quarters or sides are sometimes as economical as home production.	1.	Beef can often be produced more cheaply than bought, if ample pasture and home-grown grain and roughage are available.
2.	Family can select cuts which they desire for economy and taste, and vary the meat diet with other types.	2.	Less preferred cuts will have to be consumed in order to utilize the entire carcass.

To Purchase Beef

To Produce Beef

3. There is a tendency to eat less :
meat when it is purchased retail:

4. Requires some skill in selection:
to get good buys in quality :
desired. Families preferring :
fresh over frozen beef will :
have to depend largely on pur- :
chases. :

5. Slaughtering and trimming no problem here.

3. Families eat more meat when the freezer is full.

4. Skill and experience are required in fattening cattle to the desired degree of finish. Quality can be controlled by family to suit tastes by selecting right age and type of animal and feeding to desired finish with the appropriate feeds. Families preferring the flavor of mature beef that has been "aged" in the cooler will have difficulty in attaining this with home-grown beef unless refrigerated storage facilities are available.

5. Slaughtering on farm requires skill and labor. Custom killing solves this at a small fee.

Is it Practical for You to Can or Freeze Food?

In making the decision whether or not to can or freeze food you will want to consider many things.

Basic Considerations		: Canning	: Freezing
1. Have you or will you buy proper equipment for	:	:	:
2. Do you have skill in	:	:	:
3. Do you enjoy getting foods ready for	:	:	:
4. Are the foods you produce best preserved by	:	:	:
5. Is there a possibility for a 4-H Club project in:	:	:	:
6. Is it cheaper to buy food than to do	:	:	:
7. What foods does your family prefer preserved by :	:	:	:

Other Considerations	
To Can	Not to Can
1. Know how to use pressure canner for meats and non acid vegetables.	1. Afraid to use pressure canner.
2. Food canned in the past rarely spoiled.	2. Food canned past spoiled and so is wasteful.
3. Have canning equipment but freezing equipment limited.	3. Adequate space for freezing foods.
4. Have cool, dark, ventilated place to store canned foods.	4. No place for adequate storage.

To Freeze	Not to Freeze
1. Have space in home for freezer	1. No good place for freezer.
2. Will freeze enough food to keep freezer full.	2. It costs from 12 to 28 cents per lb. to process and store food in freezer.
3. Having food on hand is convenient.	3. Markets are nearby--unnecessary to keep food.
4. A good food locker is nearby.	4. No community locker is available.
5. Current is certain and electricity is low in cost.	5. Electricity is expensive. The current is uncertain.

BETTER USE OF YOUR FOOD DOLLAR

Can you get better nutrition for your family without spending more money for food? The answer is you may be able to if you are willing to spend some time planning and informing yourself. In many cases you will not be able to spend fewer dollars, you will only be able to eat better for the money you spend.

Here are some basic principles that will help you get good nutrition for your family.

Base Your Plan on an Adequate Diet

1. What foods should you eat each day to be well nourished?

For further information, see USDA Leaflet 424 and Bulletin GS-1.

2. Do you use a food plan to see what your family needs?

A food plan enables you to be sure you are getting enough of the essential foods over a longer period of time and not too much of sugars, fats, and starches. Such a plan can be found in Nutrition Up to Date Up to You, USDA Bulletin GS-1.

3. Can you make intelligent substitutes on basis of nutritional values?

This knowledge may pay big dividends.

4. Are you using up-to-date methods for food preparation?

If you over-cook your food, you may be wasting nutritional value as well as time.

Estimate What Your Family Should Spend on Food

1. How much should a family spend on food?

There is no definite answer, of course. The amount spent on food differs with each individual family. Some families do not spend enough money for food to obtain the type of food that family needs. This may be dangerous for good family health.

Table 2, page 18, gives the estimated cost of one week's food to be prepared and served at home based on the average retail prices of food in 46 cities in October 1957. These costs are based on low- or moderate-cost food plans which will provide a balanced diet.

If you wish to compare your food expenditures with these you will want to keep records of what you spend for food only. Such items as soap, cleaning supplies, paper towels, cigarettes, etc., should be subtracted from the total before you compare your food costs with these figures. Do not be disturbed if you spend a little more or less for food. Since these costs are based on U. S. averages you would not expect your expenditures to be exactly the same.

2. Do you have any records of how much you are now spending?

If not, it will probably pay you to start keeping some so you can analyze what your money is being spent for.

3. Do you buy foods with actual nutritional value in proportion to cost?

There is a Relationship Between Time, Energy, and Money

If you are going to spend less money you will need to spend more time in planning and usually more time and energy in buying and preparing food. For example, you are going to buy more carefully, so you must acquire knowledge and make careful comparisons--this requires time and energy.

In Shopping for Food

1. Do you make a shopping list and use it as a guide?

Money can easily be wasted on impulse purchases.

2. Do you know how to judge quality of fruits, vegetables, eggs, and meats?

Some extra time spent learning how to select and buy intelligently may mean a real saving in money.

3. Do you use fruits, vegetables, and eggs when they are in season locally?

4. Do you compare prices for the best size and quality and amount?

5. Do you save by purchasing larger amounts of food when you can use them?

In Preparing Meals

1. Do you balance the time spent with the cost?

If you spend more time in food preparation the cost is usually less than if you buy that article already prepared. The United States Department of Agriculture showed that meals prepared at home from the individual ingredients cost least while those purchased ready to serve cost most, with the partly prepared meals somewhere between. You will want to make your own comparisons.

2. Do you keep the waste in your kitchen at a minimum?

In Storing Food

1. Have you considered your storage facilities?

Do you have a freezer and are you using it to capacity? Do you have a cool, dark, storage space for vegetables and fruits? Do you have storage for flour that is insect proof, dry, and sufficiently large to handle the amount your family will eat in a reasonable time? Do you use your refrigerator to greatest advantage?

In Producing and Preserving

1. Are you able to produce some of your own foods?
2. You may be able to save money by canning and freezing food.

You have decided to put forth the effort to get your dollar's worth of value in food. This paper gives you a few ideas, but in order to get enough information to make it really workable you will need to go further. The references given at the end of this article will help supply many of the answers. They are available to you free or for a small cost as indicated.

Table 1

Food Plan at Moderate Cost: Suggested weekly quantities of food (as purchased, assuming average choices within groups) for 20 sex-age groups (Tentative)

Sex-age groups	products	milk	Meat	poultry	Eggs	beans	Dry	and	Grain	prod-	Pota-	Citrus	fruit,	tomato-	yellow	deep	Other	Fats,	Sugars
	2/	3/	4/	5/	6/	7/	8/	9/	10/	11/	12/	13/	14/	15/	16/	17/	18/	19/	20/
Children:	Qt.	Lb.	No.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.	Lb.
Under 1 year....	6.0	1.25	6	0	0.75	0.50	1.50	0.12	1.50	0.06	0.12	0.12	0.12	0.12	0.12	0.12	0.12	0.12	0.12
1-3 years.....	6.0	1.75	6	.06	1.00	.75	1.50	.25	2.75	.12	.25	.25	.25	.25	.25	.25	.25	.25	.25
4-6 years.....	6.0	2.25	6	.06	1.50	1.00	2.00	.50	4.00	.31	.50	.50	.50	.50	.50	.50	.50	.50	.50
7-9 years.....	6.0	3.00	7	.12	2.00	1.75	2.25	.50	4.75	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
Girls: 10-12 years	6.5	4.00	7	.12	2.50	2.00	2.50	.75	5.25	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
13-15 years.....	7.0	4.50	7	.12	2.75	2.25	2.50	.75	5.75	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
16-20 years.....	7.0	4.25	7	.12	2.50	2.00	2.50	.75	5.50	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
Boys: 10-12 years.	6.5	4.00	7	.25	2.75	2.25	2.50	.75	5.50	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
13-15 years.....	7.0	4.75	7	.25	4.25	3.00	2.75	.75	6.00	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
16-20 years.....	7.0	5.50	7	.38	5.25	4.25	3.00	.75	6.25	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
Women: 21-34 years	3.5	4.25	6	.12	2.25	1.50	2.50	.75	5.75	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
35-54 years.....	3.5	4.25	6	.12	2.00	1.25	2.50	.75	5.25	.50	.50	.50	.50	.50	.50	.50	.50	.50	.50
55-74 years.....	3.5	4.25	6	.12	1.75	1.25	2.25	.75	4.25	.38	.38	.38	.38	.38	.38	.38	.38	.38	.38
75 years and over	3.5	3.75	6	.12	1.75	1.00	2.25	.75	3.75	.38	.38	.38	.38	.38	.38	.38	.38	.38	.38
Pregnant women....	7.0	4.75	7	.12	1.75	1.25	3.00	1.50	3.00	.25	.25	.25	.25	.25	.25	.25	.25	.25	.25
Lactating women....	10.0	5.75	7	.12	3.00	2.75	4.75	1.50	4.25	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62
Men: 21-34 years	3.5	5.50	7	.25	4.00	3.00	2.75	.75	6.50	.88	.88	.88	.88	.88	.88	.88	.88	.88	.88
35-54 years.....	3.5	5.25	7	.25	3.50	2.50	2.75	.75	5.75	.88	.88	.88	.88	.88	.88	.88	.88	.88	.88
55-74 years.....	3.5	5.00	7	.12	3.25	2.25	2.75	.75	5.50	.75	.75	.75	.75	.75	.75	.75	.75	.75	.75
75 years and over	3.5	5.00	7	.12	2.75	2.00	2.50	.75	5.25	.62	.62	.62	.62	.62	.62	.62	.62	.62	.62

1/ Quantities of food suggested here are based on growth and activity levels believed to fit average conditions in this country. 2/ Fluid whole milk or the calcium equivalent of milk products. Count as 1 quart milk, 4-1/3 pounds cottage cheese (creamed), 2-2/3 pounds cream cheese or cheese spread, 1/3 pound other cheese, 1-2/3 quarts ice cream. 3/ Meat, poultry, and fish including bacon and salt pork. Protein content of group assumed to be 62 grams per pound. 4/ Weight in terms of flour and cereal; count 1-1/2 pounds of bread and baked goods as 1 pound flour.

Table 2

Estimated Cost of One Week's Food, 1/ October 1957

Sex-age groups	Low-cost plan Dollars	Moderate- cost plan Dollars
<u>FAMILIES</u>		
Family of two, 21-34 years of age <u>2/</u>	15.00	20.50
Family of two, 55-74 years of age <u>2/</u>	13.50	18.50
Family of four with preschool children <u>3/</u> ..	20.50	27.00
Family of four, school age children <u>4/</u> ..	23.50	31.50
<u>INDIVIDUALS</u>		
Children:		
Under 1 year	3.00	3.75
1-3 years	3.50	4.50
4-6 years	4.25	5.50
7-9 years	5.00	6.50
Girls, 10-12 years	5.75	7.75
13-15 years	6.25	8.25
16-20 years	6.50	8.50
Boys, 10-12 years	6.00	8.00
13-15 years	6.75	9.25
16-20 years	8.25	11.00
Women:		
21-34 years	5.50	7.50
35-54 years	5.25	7.25
55-74 years	5.00	6.75
75 years and over	4.75	6.25
Pregnant	6.00	8.00
Nursing	8.00	10.75
Men:		
21-34 years	7.00	9.50
35-54 years	6.50	8.75
55-74 years	6.25	8.50
75 years and over	6.00	8.00

1/These estimates were computed from quantities in low-cost and moderate-cost published in tables 2, 3, and 4 of the October 1957 issue of Family Economics Review. The cost of the food plans was first estimated by using the average prices per pound of each food group paid by nonfarm survey families at 3 selected income levels. These prices were adjusted to current levels by use of Average Retail Prices of Food in 46 Large Cities Combined released periodically by the Bureau of Labor Statistics. Estimates for individuals have been rounded to nearest \$0.25 and for families to the nearest half dollar.

2/Twenty percent added for small families.

3/Man and woman 21-34 years, children, 1-2 and 4-6 years.

4/Man and woman 21-34 years, child 7-9; and boy, 10-12 years.

5/Based on estimate of age distribution of U. S. population for 1955.

U. S. Bureau of Census.

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Please order from Distribution Section, Division of Management Operations, Federal Extension Service, U. S. Department of Agriculture, Washington 25, D. C.

